

BURLINGTON WOMAN SUFFERED 20 YEARS

Mrs. Ploof Says It's Just Wonderful How Quickly Tanlac Restored Her After Everything Else Had Failed.

"It certainly seems wonderful that Tanlac should give me such quick relief after I had suffered for so many years and tried almost everything I ever heard of without one particle of benefit," said Mrs. M. Ploof, of 21 Cherry street, Burlington, Vt.

"For more than twenty years I had suffered almost continuously from indigestion. There was a steady pain in my stomach that just seemed to grow clearer through to my back at times. I would blot so badly that I was in great distress and couldn't bear the pressure of my clothes around me. I never felt hungry and what little I did

eat seemed to do me harm instead of good, as I felt miserable for hours after every meal.

"My nerves were so upset that many a night I never slept more than two hours. I was troubled with constipation and suffered a great deal from bronchitis. My heart palpitated frightfully. I had severe pains under my shoulders and was in such a bad fix I couldn't even go out on the streets or any place.

"Soon after I began taking Tanlac my troubles all left me. I have improved so much now that even my thirteen-year-old child has spoken about it and everyone could easily see the difference. I have a splendid appetite, eat anything I want and never have an ache or a pain. I have strength to look after my housework with ease and all my children join in praising Tanlac with me."

Tanlac is sold in Bennington by W. L. Gokay.—Advertisement.

LOW PRICED ADVERTISING

TO RENT

TO RENT—Two furnished rooms for light housekeeping; gas, electric lights, steam heat, bath, hot water and all modern conveniences. Also sleeping rooms at 112 Pleasant St. Inquire at 137 North St. of I. Leader, tel. 244-11.

TO RENT—Furnished rooms suitable for light housekeeping at 460 County street. Tel. 591-Y.

TO RENT—Warm room at 221 South street. 1416.

TO RENT—Tenement. Apply to Mrs. B. G. Slade. Tel. 167-M.

TO RENT—Flat on third story of "Simmons Block," suitable only for family without children. Steam heat, electric lights and toilet. Rent including heat, \$15.00 per month. North Bennington Realty Co., A. S. Payne, Vice-Pres.; R. A. Jones, Treas. 781.

TO RENT—Stores, offices, restaurants, shops, establish. Individual or as a block. Furnished apartments, 222 rooms, all centrally located. Call 2 Hawks 415 Main St. 782.

FOR SALE

FOR SALE—Black blooded champion bull, practically new. Will sell cheap. (Apply) at 624 Sanford St. 1019.

FOR SALE—Six-room house with small barn and land on Cherry Branch and County streets. James Quinn, Allendale Park. 1214.

FOR SALE—A three tenant house of 13 rooms on Depot street. George F. Davis, 209 Pleasant St. 1041.

WANTED

WANTED—At once, competent woman for general work. Three in Bennington. \$100.00 per week. 203 South St. tel. 531-31.

WANTED—Washings and ironings in domestic or general household. Also plain sewing by the hour. Call at 1104, 1000 street. 701.

WANTED—One heavy horse, around 1200 lbs., two wheeled dump cart and harness to go with same. H. T. Cushman 512 E. 314.

WANTED—To buy, pigs and poultry of all kinds, at highest cash prices paid. Phone Williamson 125. 14123.

WANTED—Man to devote spare time selling guaranteed trees, shrubs, plants. Liberal weekly pay. If you mean business write for territory. Guaranteed Nursery, Rochester, N. Y. 2123.

WANTED—Contractor to take job of cutting off woodlot in Shaftsbury and skidding logs near highway. Good pay. Address H. T. Cushman Mfg. Co. 509.

WANTED—Clerks, (men, women) over 17, for Postal Mail Service, \$130 month. Examinations Jan.-Feb. Experience unnecessary. For free particulars of instruction write R. Terry (former Civil Service Examiner) 125 Continental Bldg., Washington, D. C. 1216.

WANTED—Position by competent cook. Address "Cook," P. O. Box 410 Bennington 1216.

BENNINGTON BRIEFS

News of the Town and Village Told Briefly for Busy Readers.

A few suits and overcoats left at Mulligan & Roche's. Do not miss the sale. Adv.

Abner Raskin who was called to Springfield by the death of his father, expects to return next Wednesday.

"Forbidden Valley," a thrilling feud drama with May McAvoy and Bruce Gordon at Harte Theatre today.

A nice variety of National Biscuit Bread for Saturday including Vienna, Graham, raisin and rolls. Checker Line Market. Adv.

What law of mankind will cause a girl to kill her sweetheart? See "Forbidden Valley," starring May McAvoy at Harte Theatre today.

"Forbidden Valley" with charming May McAvoy and manly Bruce Gordon; a Pathé News; and a Fox Sunshine comedy at Harte Theatre today.

Dancing will follow the basketball games at the Y. M. C. A. Saturday evening. The Lansingburg high school boys and girls will play the local high school boys' and girls' team. Game starts at 8 p. m.

Two good basket ball games will be played at the "Y" Saturday evening. The Lansingburg high school boys and the Lansingburg high school girls' team will play the local high school girls. Games start at 8 o'clock and will be followed by dancing. Adv.

Notice to Masons—Match games of pool, pitch and checkers will be held at the Masonic Temple this evening with the Masonic Lodge of Cambridge, N. Y. Following the games an oyster stew will be served. All Masons are requested to be present.

NORTH BENNINGTON

Miss Mary Hamilton visited friends in Albany recently.

Harvey Morrison is spending some time in Albany, where he has employment.

Mrs. Caroline E. Wellington has returned from a few weeks' visit in New York city.

E. E. Bottom is at Hedges lake harvesting a crop of ice for use in the camp next season.

Miss Gertrude Blanchard of Boston, Mass., is a guest at the home of Mr. and Mrs. Harrie C. White.

Mrs. Nelson Payne returned today from Potsdam, N. Y., where she has been the guest of her parents for several weeks.

Mr. and Mrs. Clark Loomis were recent visitors of Mrs. Loomis' grand, parents Mr. and Mrs. David Hill of South Shaftsbury.

Messages from many friends, who are passing the winter months in sunny California and in Florida, tell of blue skies and summer heat and flow—so beautiful and attractive—but we New Englanders certainly have no cause to complain thus far this season, of our treatment by the weather man.

George E. Daniels, manager of Hotel Netherlands, New York who has been the guest of his sister, Mrs. E. A. Tobin, for three weeks has returned.

A little daughter, Edna Louise, arrived at the home of Mr. and Mrs. Harold Elwell, January 26. Miss Elwell enjoys a distinction which can be claimed by few, in that all four of her great grandfathers are living.

They are: Thomas Mahan and Wm. Edgar Mattson of North Bennington, Hiram S. Hall of Bennington and Alexander Elwell of Shaftsbury.

Morning worship at the Congregational church Sunday, Jan. 30, at 10:30 o'clock. The pastor, Rev. Wm. R. Hamlin, will speak on "The New Testament." The Sunday school will meet at 11:45. Young People's meeting at 6 p. m., topic, "The Christian Endeavor Movement—what it has done and what it may do." At 7 p. m., there will be a union service in the Congregational church, the speaker will be Rev. Charles H. Hamlin of Amherst, Mass. Mr. Hamlin's topic will be "The Use of Belts in Worship." The bell in the steeple is a part of the church which we usually take for granted but the origin and development of the use of bells in worship makes a story worth telling. There will be an orchestra to help with the congregational singing. A cordial invitation is extended to all.

Feeling the Boy?

"This story begins 'Pandemonium rained.' Who was Pandemonium, pa?"

"Well, if Pandemonium rained, I guess he must be the clerk of the weather."



CORRECT

"When the teacher asked you what you knew about history, what did you say?"

"I said history repeated itself."

Marvelous Day.

The greatest day
Of our youth
Is when the baby
Gets a tooth.

A Back-Header.

Mrs. Scapley—I really don't know what would happen, Richard, if ever you agreed with me on any subject.

Scapley—Something serious, probably, for we'd be dead wrong.

His Effort.

"That clumsy boy let the galley fall and he's made 'up' of the copy of that murder story we were rushing."

"Don't blame the boy. He was only breaking bad news."

Analogy.

"Pop, is a man who steals autos an autojack?"

"Yes, son."

"Then is a man who steals boots a bootjack?"

Boil Your Postum fully fifteen minutes when you use POSTUM CEREAL

Then there results a drink of delicious flavor which many prefer to coffee. Postum is more economical and healthful than coffee. Another form, Instant Postum, is made by adding hot water to a teaspoonful in the cup. The drink may be made strong or mild to suit individual taste.

GROCERS EVERYWHERE SELL BOTH KINDS

Made by Postum Cereal Co. Inc., Battle Creek, Mich.

Better Bread— that's the Real Answer to Cutting Living Expense

THE more bread your family eats, the less they will eat of more expensive foods. But the family will not eat more bread unless the bread has an appetizing flavor and is better bread.

Bread made from OCCIDENT—the super-clean Flour—stays moist and sweet and retains that true wheaten flavor a long time.

Try a sack of OCCIDENT Flour today under these terms—absolute satisfaction or your money back.

Your grocer handles OCCIDENT or he can get it from

H. W. CLARK CO.

Wholesale Distributors

North Adams

Mass.



Costs More—Worth It.

The Guaranteed Flour OCCIDENT

Makes Better Bread

U. S. TO HANDLE FOOD MARKETING

Federal Trade Commission Favors Supervision by Government Authorities.

WOULD ELIMINATE HOARDING

Establishment of Central Markets for Perishable Food Products and Creation of Licensing System Urged by Board.

Washington—Establishment of central markets for perishable food products in all large cities and the setting up of a federal licensing system applicable to all dealers in such foods at those markets are proposed by the federal trade commission in its annual report to congress.

The commission's conclusions are based on an investigation covering many months and it declares that federal action is necessary to obtain effective regulation and to avoid unfair and wasteful practices with the consequent effect on prices.

In the present system the commission sees as a hindrance to the proper passage of perishables from the producer to the consumer certain interstate dealings which it believes should be eliminated, and it suggests that the handling of these products be surrounded by numerous regulations and restrictions such as the recording of available supplies and the dating of cold-storage periods and provisions for auction marketing.

Would Eliminate Hoarding.

Facilities should be made adequate, the commission says, to enable the producer to ship freely into the central markets and "with proper protection of his interests." The marketing system should be so covered that objectionable hoarding would be eliminated and proper co-ordination of transportation facilities should be accomplished to make deliveries certain when required.

The commission says that the needed reforms can hardly be expected to be accomplished by the initiative of the dealers, and asserts that state and municipal authorities lack adequate power to effectively regulate the handling of the food supplies.

Big Jump in Flour Profits.

Turning to wheat products, the commission says it has found that concentration of the milling industry has progressed far enough so that "probably ten of the largest milling concerns could supply the demand of the country for flour." The commission mentions incidentally that its figures from 37 milling corporations showed

that their sales had increased from \$100,000,000 to \$254,000,000 between 1914 and 1918, while their annual profits had grown from \$5,500,000 to \$20,000,000 in the same period.

Reporting on the operation of the Webb-Pomeroy act, permitting formation of associations for export trade, the commission informs congress that this act has served as "a decided factor" in promoting the progress of American manufacturers in foreign markets. The commission says that during the year 43 associations, comprising approximately 732 concerns, whose offices and plants were distributed over 42 states, reported to it as operating under the export act.

The commission says also that the law, instead of increasing the strength of the already great American industrial establishments, has enabled the smaller concerns to band together in a fashion to push fully organized export trade in a keenly competitive manner, which they are not able to do at home. To this extent, the commission believes, the law has worked to the great advantage of the small firms.

Impressions.

"That antagonist of yours says he is going to leave footprints in the sands of time."

"He won't," replied Senator Sorghum. "His mind is in the clouds. He is an intellectual aviator. When he comes down he will leave a dent, not a footprint."

In Harmony.

"My patient is an all-around athlete and his troubles are strictly appropriate."

"How do you mean?"

"He has a running sore, a jumping toothache and a fighting chance to get rid of both."

That Sore Throat Needs
Begy's Mustarine

When your throat is sore, it's a sure sign you need Begy's Mustarine.

That is, if you want to get rid of it in the quickest possible time.

It's really marvelous how this real yellow mustard improvement on the old-fashioned mustard plaster will end sore throat, tonsillitis, chest colds, pleurisy and bronchitis.

It's no exaggeration to say that it often conquers them over night, and it's just as speedy a remedy for neuralgia, lumbago, stiff neck, aching feet, sore muscles and swollen joints.

Rub it on freely. It cannot blister, but it surely will ease the pains of rheumatism and gout, and you won't have to wait till tomorrow for relief. You'll get it to-day—often in an hour.

30 or 60 cents buys a yellow box full of Begy's Mustarine and one small box will do the work 50 blistering mustard plasters sold by W. L. Gokay.

For Coal Service Call 350

We can make prompt deliveries. Let us number you among our many satisfied customers.

PHONE MYERS.

H. W. MYERS & SON, Incorporated

COAL

WOOD

FEED

For the boys. MOTHERS, you can cut down the RIGHT COST OF LIVING on your boys' clothing. We are selling direct from the mill. Strong, durable cloth. Nice line of patterns to select from, suitable FOR ALL THE FAMILY. Write us for samples.

ASHLEY WOOLEN CO.
CHESUM, N. H.

Practice Limited to
Eye, Ear, Nose and Throat
Glasses Fitted Properly
Dr. J. R. Wilson
301 Union St.
Bennington, Vt.

PETERSON'S

Telephone 337-M.

101-103 River Street

QUALITY MEATS

HEAVY CHICAGO BEEF

Brine rib roast	30c
Prime chuck roast	30c-32c
Rump roast (boned)	33c
Heavy lean shoulder clods	30c
Lean rib stewing beef	15c
Beef liver	20c
Fresh ground hamburger	25c

GENUINE SPRING LAMB

Fancy legs of young spring lamb	35c
Nice shoulder roasts	30c
Rib and loin chops	45c
Breast for stewing	15c

NATIVE PORK

Fresh shoulders	26c
Fresh hams, whole or half	30c
Loin roast	30c-35c
Side pork	22c
Smoked shoulders	22c
Veal steak	50c
Veal chops	40c
Veal roast	30-32c

STANDARD GROCERIES

5 large cans Tomatoes	95c
Large Kaple Pancake Flour, 28c, 2 for	55c
Fancy tub Creamery Butter	58c
Small packages Kaple Pancake Flour	15c
Pure Lard	20c
Compound	16c
Logan & Johnson's Ideal Jams	30c
Ritter's Beans, 7 cans for	50c
12 bars Laundry Soap	50c
11 lbs Washing Powder	50c
6 cans Condensed Milk	\$1.00
Fairbanks' Scouring Powder, 6 for	25c

Telephone Early for Early Delivery.